

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.

Washington, D. C.—(Special.)—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names."

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room."

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers."

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others."

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized."

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person."

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible."

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze, if you don't you spread disease."

COMMUNITIES MAY NAME TANK OR A SHIP TRANSPORT

TWENTY CITIES AND COUNTIES
HAVE CHANCE TO GAIN HONOR
OR IN LOAN RIVE.

CONDITIONS OF THE CONTEST

War Department and Emergency Ship-Building Corporation Plan Announcement.

Ten cities and counties in the Eighth Federal Reserve District may have United States Transports named in their honor and the same number of cities and towns may have Battle Tanks named for them.

The cities and counties who may participate in the contest that will accord them this honor, must first of all qualify. This qualification is that if a set quota for the sale of Fourth Liberty Bonds has been established, that quota must be reached.

These contests have been authorized by the War Department and the Emergency Ship-Building Corporation. States making up the Eighth District and it is expected that in pairs of will participate.

Conditions of Contest.

Contest No. 1 is open to all counties in each State which has raised their quota in dollars. The county that after exceeding its quota rolls up the largest over-subscription will have the honor of naming one of the Battle Tanks. To the county in each State after its money quota has been subscribed, that has the largest percentage of subscribers according to population, may have the honor of naming one of the Transport Ships.

To the city in the district, which has a population of 50,000 and over which has raised its quota, if it has a fixed amount, that makes the largest percentage above its quota, may name one of the Battle Tanks. The city, under the same conditions, that has the largest percentage of its population as bond purchasers, will have the honor of naming one of the Transport Ships.

Contest No. 3 is open to all cities having a population of 15,000 and under 50,000 that has raised its fixed quota. The city with the largest percentage of sales above its money quota, will be given the privilege of naming one of the Battle Tanks, while the city having the largest proportion of subscribers according to population will have the privilege of naming a Transport Ship.

The Final Provisions.

The final contest is for cities between 5,000 and 15,000 population, that exceed their fixed money quotas. The largest percentage of sales above the quota will give that city the privilege of naming a Battle Tank, while the city with the largest number of subscribers, population considered, will have the privilege of naming the Transport Ship.

Neither the ships nor the tanks may be named after any individual, corporation or organization. No city or county may be awarded two of the prizes.

Illustrated bulletins showing the progress of the contest will be issued much after the plan followed in the "Over the Top" Contest in the Third Campaign. The counties that are in the lead will be praised, and those in the rear will be "roasted," but always the remarks should be received in the manner in which they are intended, as mere pleasantries, and to stimulate rivalry between cities and towns.

HONOR EMBLEMS AS STICKERS

To Be Displayed to Show Percentage of Subscriptions Among Employees.

There will be no honor flags distributed to communities, counties or states in the Fourth Liberty Loan campaign in the Eighth Federal Reserve District.

Instead, the Honor Emblem of the Fourth Liberty Loan is to be used for display by factories, stores, organizations, etc., to show the percentage of their employees or members which subscribe to the Fourth Liberty Bonds.

The Honor Emblems are printed showing the percentage: 75 per cent, and stickers are furnished showing the percentage 80 per cent, 85 per cent and up to 100 per cent. These stickers can be placed on the card over the 75 per cent in accordance with the percentage of employees or members subscribing.

The Honor Emblems are printed on both sides, so that they may be seen both inside and outside in case of a window display. Samples of the Honor Emblems can be secured from the Publicity Director, who will also supply you with such quantities as you may need of same.

The purpose is to try and get 100 per cent subscriptions from employees and members of organizations, and to award them with the Honor Emblems in accordance with the percentage of their results.

U. S. TRANSPORT WRECKED; 364 SOLDIERS LOST

Bodies of 200 Soldiers Washed
Up on the Scotch
Coast.

COLLISION DURING A STORM

Twelve Thousand-Ton British Ship
Otranto, Carrying American Troops,
Sunk in Crash Between Irish
and Scottish Coasts.

London, Oct. 14.—More than 300 American soldiers were lost on the transport Otranto, sunk in the collision with the steamer Kashmir off the south Scottish coast. This developed from checking the Otranto's list at American army headquarters, where it was found the death roll of soldiers stood at 364 or 366. More than two hundred bodies had been recovered. Many of these were given burial by a party sent from Liverpool. The discrepancy between the figures now arrived at and those previously given is due, it was explained, to the confusing of two identification lists.

In the hope of succoring those who succeeded in fighting their way ashore through the raging surf, a party of eight, including physicians, left here for a point farther north, whence they embarked this morning for Islay island, carrying clothing, medical and other supplies furnished by the American Red Cross.

It will be a day or two, perhaps, before news is received of the outcome of the mission.

Transport Dashed to Pieces.

The Otranto after the collision was dashed to pieces on the rocks off the south Scottish coast. The boat went ashore Sunday night south of Saligo bay, Islay island, an uninhabited section where the coast line in many places rises straight out of the water to the rocky peaks many feet above. It was there that most of the victims also met their death.

The British destroyer Mounsey was the only vessel which made an attempt at rescue in the terrific gale when the Kashmir, another vessel in the convoy with the Otranto, rammed the Otranto amidships. It took 310 Americans and 200 others into Belfast.

As the destroyer neared the side of the Otranto the men began to jump thirty to forty feet from its decks.

The more experienced sailors of the crew of the steamer had better success than the soldiers, many of whom had never seen the sea until this trip.

Many Disappear in Ocean.

As the destroyer steered toward the side of the steamer many of the men leaped too quickly and missed their reckoning and dropped between the boats. Some of these disappeared in the water, but others of them were caught and crushed to death between the boats and the lifeboats which had been lowered to act as buffers. The destroyer was badly battered.

The captain of the destroyer, each time it was brushed away from the side of the Otranto, again would push near enough for many more men to jump to the deck of his vessel. He described as a veritable rain the number of men landing on the destroyer.

Many of those who reached the decks of the vessel suffered broken bones or otherwise were hurt. Those who missed the deck of the destroyer went to almost instant death.

Four times the battered destroyer came alongside, and each time the previous scenes were repeated. At the end of the fourth trip it had 310 Americans, 230 of the crew, 30 French sailors, and one British officer on board. The boat was full, and, having done all possible, it started for port.

Thirty Washed From Destroyer.

Even after the survivors had reached the deck of the destroyer their position continued desperate, for mountainous waves repeatedly broke over the little vessel, and, according to reports, swept about thirty persons overboard. Others were saved from a similar fate by lashing themselves to torpedo tubes and the destroyer's superstructure. For nearly twelve hours the survivors, all wet through and many badly injured, were exposed to the fury of the wind and the waves until the destroyer made port.

One of the American troops on board the Otranto pictured the scene when the vessels collided. Soldiers lined the decks as though on parade, and at the word of command stood at attention like statues. They never wavered, remaining there in military formation, exemplifying during the crisis the noblest traditions of the army for heroism and discipline. The same thing, the soldier said, applied to the seamen.

Trying to Get Details.

Washington, Oct. 14.—The war department was anxiously trying to get details of the loss of life through the sinking of the transport Otranto. Reports of the loss of life vary and it may be a day or two before exact figures can be arrived at.

Orders Churches Closed.

Louisville, Ky., Oct. 14.—All churches were ordered closed here because of the influenza epidemic.



LETTERS from our boys in the trenches and from the women in canteen and other war work, all bring to us the same message—SEND US NEWS FROM HOME.

World news is all right, but OUR BOYS want NEWS OF THIS TOWN. They want the home newspaper. Publishers are prevented from sending their papers free to anyone, even boys in the service. Consequently a national movement has been started by Col. William Boyce Thompson of New York, who is acting as President of the Home Paper Service of America to give the boys what they are calling for. Every community is joining the movement. Let us see that our boys are not forgotten.

Send to the publisher of this newspaper whatever amount of money you can—5 cents or \$50.00. We will publish a list each week of those contributing, and the amounts contributed.

Every cent received will be used to send this paper to our boys at the front. If at the end of the war, there is any surplus, it will be turned over to the local Red Cross Committee.

There is no profit in this to the publisher—even in normal times, subscriptions are not sold at a profit. With war prices prevailing, and the high rate of postage on papers sent to France, our cost will scarcely be covered by our full subscription price.

Remember that over in France, some brave soldier or sailor from this town—perhaps even some splendid woman working within sound of the guns—is depending on you to "KEEP THE HOME LOVE KINDLED."

They are calling to YOU from "Over There"
GIVE WHAT YOU CAN
The Breckenridge News.

OVER THE TOP TO VICTORY

WE, are each one, responsible for the outcome of this war.

Unless we are doing our level best, in the loaning of our funds, the conservation of our food supply, the backing up of our boys "Over There" we are falling short of our duty.

Our bank will help you wherever it can in this splendid duty and opportunity.

SERVICE "Our Aim Is To Please" SAFETY

FIRST STATE BANK

W. J. Piggott, President J. C. Payne, Cashier
J. M. Herndon, Vice President J. D. Lyddan, Asst. Cashier
IRVINGTON, KENTUCKY.

Some Bargains in Breckinridge County Farms

- No. 1 143 acres in 1 mile of Hardinsburg, all level, all fenced with wire, good house, 2 good barns and silo, 65 acres in grass, 65 acres in corn, 2 barns, all fenced. Price \$9,000.
- No. 2 300 acres in 2 miles of Hardinsburg, 225 acres level, balance rolling, good two story residence, 2 large barns and large silo, most all fenced with wire, lots of grass. Price \$14,000.
- No. 3 88 acres adjoining City limits of Cloverport, 25 acres of creek bottom, 30 acres second bottom, balance rolling, new five room cottage, 2 barns, all fenced. Price \$5,500.
- No. 4 70 acres adjoining City limits of Cloverport, 15 acres of creek bottom, 30 acres of second bottom, balance in blue grass on hill side, good cottage house, new barn, all fenced. Price \$1,000. This tract and the 88 acres above mentioned can be sold together if so desired.
- No. 5 317 acres 4 1/2 miles of Cloverport, 100 first and second bottom, 100 acres of level land out side of bottom, balance rolling with some rough, good 7 or 8 room residence, good barns and out buildings, most all fenced. Price \$8,500.
- No. 6 284 acres in 2 miles of Cloverport, 15 acres of bottom land, balance rolling, with some rough, 175 acres of young timber, ordinary house and barn. Price \$2,200.
- No. 7 235 acres six miles of Cloverport, about 100 level, about 100 rolling, balance rough good two story residence, good barns and out buildings, \$1,000 worth of timber, most all fenced. Price \$3,000.
- No. 8 77 acres 1/4 mile of Cloverport, all rolling land all in grass, all under woven wire fence, new brick cottage, concrete cellar and cellar house, brick stable. Price \$4,000.
- No. 9 145 acres 5 miles from Cloverport, 35 acres level in meadow, balance rolling with some rough, all under fence, old style house, new barn and old barn, about \$400 worth of white oak timber. Price \$1,650.
- No. 10 126 acres 5 miles from Cloverport, 30 acres bottom land, balance hill land, good residence, 2 good barns, all under good fence. Price \$2,100.

Cloverport City Property for Sale

- No. 1 A splendid 7 room residence with front and back porch, summer kitchen, cellar and cellar house, garage and good stable, all in good condition. Lot 126 feet fronting R. R. street, running back 175 feet to an alley, large garden spot.
- No. 2 Good two story residence on corner lot, all necessary out buildings, good stable. All improvements as good as new. For prices and terms call or address.
- J. D. Seaton, Real Estate Agent, If interested in any of the above street, running back 175 feet to an alley, large garden spot.
- J. D. Seaton, Cloverport, Ky. Cloverport, Ky.